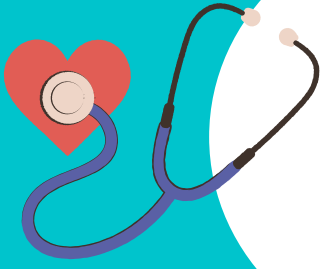


# Preparing For Your Cardiac Evaluation

You've been referred to a cardiologist. So now what? What will you be asked? Will you need to bring anything? What kinds of tests can you expect? Take a peak at the following checklist to prepare yourself.



## Physical Examination

Your nurse will begin taking vitals once you enter the exam room. And your doctor will continue this by listening to heart sounds and palpating areas around your neck and chest to assess for abnormalities.

## Review of Medications

Bring a list of all current medications. This should include the dosage and how often you take each medication. Also mention if you have recently stopped or started any medication.

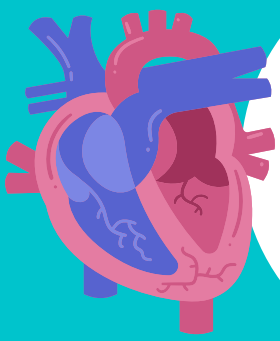


## Discuss Signs and Symptoms

Disclose any signs and symptoms you have been having such as chest pain, shortness of breath, leg pain, indigestion, etc. Even minor symptoms could be related to your heart.

## Risk Factors

Discuss any lifestyle factors that may increase heart disease risk such as smoking, poor dietary habits, or lack of exercise. And develop a plan to improve upon these areas.

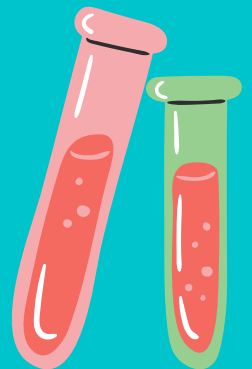


## Cardiac Testing

Be prepared for any cardiac tests, for example at a minimum, your doctor may ask you to complete an echocardiogram in office. Or may set up a stress test later on.

## Cardiac-Related Bloodwork

Your doctor may also order lab tests to be done. These will help identify any inflammatory markers for heart disease. You may leave your visit with a lab slip.



# ARE YOU READY?

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